



Do you suffer from chronic pain?

PAIN ASSOCIATION SCOTLAND ARE WORKING IN PARTNERSHIP WITH THE UNIVERSITY OF BRADFORD TO HELP SUPPORT PEOPLE WITH CHRONIC PAIN AND HELPING STUDENTS TO UNDERSTAND WHAT IT'S LIKE LIVING WITH CHRONIC PAIN.

We are now inviting people to join the monthly group meetings starting in November and running through to June 2023.

The aim is to help people with chronic pain using a self management approach.

Sessions will be professionally run and observed at a distance by students.

Most importantly it will help participants to manage and to cope better by looking at topics such as: Understanding pain, sleep, pacing, baselines, stress, anxiety, acceptance, relaxation, flare ups.



The Bright Building

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To learn more click the sign up button below or visit
www.painassociation.co.uk or email info@painassociation.com
or phone **0800 783 6059**

